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| **Supplementary table 1: Participants’ metabolic health** |
| **Variable** | **All**n = 667 | **NAFLD**n = 229 | **No NAFLD**n = 438 |
| **Metabolic syndrome**\* |  265 (40.5)  |  139 (62.3)  |  126 (29.2)  |
| (pre)diabetes |  255 (38.7)  |  135 (59.5)  |  120 (27.8)  |
| High waist circumference |  303 (45.5)  |  159 (69.7)  |  144 (32.9)  |
| Abnormal trigrlycerides |  188 (28.6)  |  80 (35.6)  |  108 (25.0)  |
| Abnormal HDL-C |  222 (33.8)  |  95 (42.2)  |  127 (29.4)  |
| Hypertension |  482 (72.4)  |  188 (82.5)  |  294 (67.1)  |
| **Physical examination** |  |  |  |
| Systolic blood pressure (mmHg) | 136.8 (20.0) | 140.9 (17.9) | 134.7 (20.7) |
| Diastolic blood pressure (mmHg) |  82.4 (10.9) |  84.7 (10.2) |  81.2 (11.2) |
| Waist circumference (cm) |  |  |  |
|  Male |  95.0 (11.8) |  92.9 (11.2) |  96.2 (11.9) |
|  Female |  95.2 (12.0) |  93.9 (12.1) |  95.8 (11.9) |
| **Biochemistry** |  |  |  |
| Fasting glucose (mmol/L) |  5.5 [5.0, 6.0] |  5.8 [5.3, 6.4] |  5.3 [5.0, 5.7] |
| Triglycerides (mmol/L) |  1.45 (0.68) |  1.62 (0.72) |  1.37 (0.64) |
| HDL-C (mmol/L) |  1.43 (0.40) |  1.31 (0.37) |  1.49 (0.40) |
| **Medication** |  |  |  |
| Antihypertensives |  255 (38.3)  |  122 (53.3)  |  133 (30.5)  |
| Antidiabetics |  15 (2.2)  |  13 (5.7)  |  2 (0.5)  |
| Lipid lowering drugs |  30 (4.5)  |  10 (4.4)  |  20 (4.6)  |
| Data is presented as mean (SD), median [P25-P75] or n and percentage. \*According to the ATP-III criteria. Abbreviations: HDL-C, high-density lipoprotein cholesterol; NAFLD, non-alcoholic fatty liver disease. |